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**Linda McCulloch**  
Superintendent

## **NEWS RELEASE**

### **For Immediate Release:**

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## **SUPERINTENDENT MCCULLOCH PRESENTS LONE ROCK SCHOOL WITH STATE AWARD FOR HEALTHY SCHOOL MEALS**

State Superintendent Linda McCulloch presented Lone Rock School with the Healthier Montana Menu Challenge Award for its healthy, homemade school breakfast and lunch programs. With this award comes a \$500 mini-grant to support their program. Lone Rock is the first school in Montana to receive this award.

"I am thrilled to present this award to Lone Rock School," said Superintendent Linda McCulloch. "Lone Rock is known for its excellent school food program. Patti Calkins and the nutrition team deserve this recognition for serving one of the healthiest menus in our state."

The Healthier Montana Menu Challenge recognizes exceptional school meals programs. Lone Rock School successfully met a challenging list of menu criteria to qualify for the award. School menus must meet the Dietary Guidelines by serving more fresh fruit and vegetables, whole grains, lower fat entrées, legumes, and low fat milk choices. Patti Calkins, the School Nutrition Director, and her staff prepare most of the meals from scratch, improving taste and quality while lowering fat, cholesterol and sodium. Fresh-baked, whole grain bread items are favorites among the students and staff.

"I know how important it is for all of us to eat healthy to stay healthy," said Patti Calkins, Lone Rock School Food Service Director. "I want to teach our children to make healthier choices now so they will continue to make healthy choices through out their lives."

"Lunch is the high point of everyone's day at Lone Rock School," said Lone Rock Principal David Cluff. "The morning aromas build anticipation for Patti's latest concoction, be it homemade soup, freshly baked bread, mixed garden salad or a delectable dessert. Patti demonstrates and shares her passion for nutrition and great tasting meals with all of us daily."

With an enrollment of 300 students, Lone Rock School serves over 900 breakfasts and 3300 lunches to students each month. Seventy percent of the student population participates in the lunch program, proving its high quality reputation.

National surveys show that many youth are overweight but undernourished. Poor eating habits mean many children do not get the recommended amount of key nutrients. Serving more nutritious choices at school breakfast and lunch helps provide the brainpower students need for academic success while teaching them an important lifelong skill of eating healthy.

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